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OLYMPIC TRAMPOLINE ,INSTRUCTOONS HOW TO DO IT AND Teaching DIRECTIONS

To teach Olympic trampoline skills effectively, follow this structured approach combining foundational techniques, progressive skill development, and safety protocols:

Fundamental Skills & Teaching Methodology

1. **Basic Body Positions**
   - **Straight Jump**: Teach vertical alignment (arms raised overhead, legs straight) to develop air awareness[1] [2].
   - **Tuck/Pike/Straddle Jumps**:
     - *Tuck*: Knees to chest, hands wrapping shins[1].
     - *Pike*: Legs straight, torso folded forward to touch toes[1] [2].
     - *Straddle*: Legs split sideways, arms reaching forward[1].
   - **Landings**:
     - *Seat Drop*: Land on buttocks, hands beside hips, rebound to feet[1] [3].
     - *Front Drop*: Prone position with arms bent (diamond shape), head up[1] [3].
     - *Back Drop*: Arch backward, arms extended, land on upper back[1].
2. **Twisting Drills**
   - **Half/Full Twists**:
     - Initiate rotation by turning head/shoulders, then hips[4] [3].
     - Use arms overhead for momentum (e.g., "swivel hips": seat drop → half twist → seat drop)[1] [3].
   - **Barani (Front Flip + Half Twist)**:
     - Forward rotation with early hip twist to complete 180° before landing[4] [2].
     - *Progression*: Practice off trampoline (forward rolls with twist), then low bounces[4].

Intermediate to Advanced Skills

3. **Somersaults**
   - **Front/Back Layouts**:
     - *Teaching Tool*: Use harness/spotters for initial attempts[5] [2].
     - Focus on tight body alignment (straight or piked) to minimize air resistance[2].

- **Combination Moves**:
  - *Example Routine*: Seat drop → back somersault → full twist to feet[1] [2].
  - *Drill*: "Trampoline Horse" game (add one skill per turn) to build sequence memory[3].

Key Teaching Directives

- **Spotting & Safety**:
  - Use crash mats and require one spotter per student during inversions[5] [6].
  - Prohibit somersaults without proper supervision/protective gear[5] [6].
- **Form Emphasis**:
  - "Stay centered": All jumps must originate/land on the trampoline's midline[2].
  - "Lock limbs": Straight legs/toes pointed during rotations[1] [2].
- **Progressive Difficulty**:
  - Start with compulsory skills (fixed routines) before advancing to optional elements[1] [2].
  - Integrate low-height drills (e.g., backdrop pullover) to acclimate to backward rotation[7].

Routine Construction

- **Structure**:
  - 10 consecutive skills starting/ending on feet[1].
  - Include at least one somersault and twist in optional routines[1] [2].
- **Scoring Focus**:
  - **Execution**: Deduct points for bent knees, off-center landings, or pauses[2].
  - **Difficulty**: Prioritize skills with high DV values (e.g., triple somersaults)[2].

Safety Protocols

- **Equipment**:
  - Ensure full padding over springs/frame[6].
  - Use enclosures to prevent falls[6].
- **Rules**:
  - One jumper at a time[6].
  - No ladders to limit unsupervised access[6].

By combining these technical progressions with strict safety measures, athletes can systematically develop Olympic-level trampoline skills.

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1. https://www.tutorialspoint.com/trampolining/trampolining_quick_guide.htm
2. https://gymnastgem.com/trampoline-gymnastics/
3. https://s7d2.scene7.com/is/content/academy/10425671
4. https://www.youtube.com/watch?v=33xtPD6vVWs
5. https://www.aaos.org/contentassets/1cd7f41417ec4dd4b5c4c48532183b96/1135---trampolines-and-trampoline-safety.pdf
6. https://www.cpsc.gov/Newsroom/News-Releases/2000/CPSC-Reports-Sharp-Rise-in-Trampoline-Injuries
7. https://www.youtube.com/watch?v=UKCmFshwuF4